

# TAKE 5 SELF-REGULATION TOOLS



These tools can help children learn to self-regulate by recognising and adjusting their energy levels.

*Before you start, define a personal space where the child can go to calm down or get energised. This can be a cosy corner for calming down or a small jumping area for energising.*

## WHEN ENERGY IS SLOW

### Activities to Speed Up Before Learning

If a child seems sluggish or not quite ready to focus, these activities can help perk them up:

#### Move & Groove

- 1. Dance Party:** Put on a favourite upbeat song and have a quick dance-off to shake out the sluggishness.
- 2. Jumping Jacks Challenge:** See who can do the most jumping jacks in one minute. It gets the blood pumping!
- 3. Funny Faces:** Make silly faces at each other for a minute. It's not just fun, but the laughter and energy can wake up the brain.
- 4. Animal Moves:** Pretend to be different animals (hop like a frog, stretch like a cat) to get moving and giggling. Crouch down and jump into the air to do a big bunny jump. Can you do five big bunny jumps?

#### Tasty Treats

- 5. Crunch and chew:** Have a sweet or salty snack that has a texture that stimulates your senses!

#### Touch & Learn

- 6. Be a Textures Detective:** Explore different materials in the house. Is it soft? Is it smooth? Is it rough? Is it scratchy? How does it make you feel?

### See & Wander

**7. Colour Splash:** Spend a few minutes colouring with bright colours. This visual stimulation can help awaken the senses.

### Listen & Discover

**8. Music jam:** Play your favourite song and sing along to it as loudly as you can - pretend you are your favourite pop star!

## WHEN ENERGY IS FAST

### **Activities to Slow Down Before Learning**

If a child is too wound-up or anxious, these calming activities can help them settle down:

### Move & Groove

**1. Yoga Pretzels:** Do a couple of simple yoga poses together, like the tree or child's pose, to help release energy and find balance.

**2. Reach for the Stars:** Stretching is great for releasing physical tension and can also be a mental transition into a more focused state. Encourage them to stand tall and stretch their arms up high, reaching for the stars, to grab some starlight energy for learning.

**3. Be a Wise Owl:** Have them stretch their necks from side to side slowly, like a wise owl looking around the forest. This helps relax the neck and shoulders.

**4. Rainbow Stretch:** Sitting with legs apart, reach hands toward one foot and then arc them up and over to the other foot, making a rainbow with their arms. It stretches the sides and gets a giggle about making rainbows.

**5. Butterfly Wings:** Sitting down, press the soles of their feet together and gently flap their knees up and down like butterfly wings. This can help them feel lighter and more relaxed.

### Tasty Treats

**6. Mindful Snack:** Have a sweet or salty snack that has a texture that stimulates your senses! Recognise and describe the smell, texture and taste of the food.

### Touch & Learn

**7. Sensory Box:** Have a box filled with different textures (soft, rough, squishy) for them to touch. It helps them focus their senses and manage their energy.

**8. Mindfulness Colouring:** Using your favourite pencils or pens, do some calming colouring-in!

**9. Hand Crawls:** Make your fingers into a crawling spider. Make your spider walk or run across the table. Change your spider's speed - make it both really fast and really slow.

**10. Scrunch It:** Using your fist, scrunch a piece of paper into a ball. See how small you can make it by just using your hands to scrunch it!

**11. Bubble Wrap Pop:** Try popping some bubble wrap. Press the bubble wrap between your fingers and make it pop.

### See & Wander

**12. Mindfulness walk:** Spend a few minutes outside in the garden or in a different room, admiring the different things you can see, smell and hear.

**13. Cloud Watching:** Spend a few minutes looking out the window at the sky or clouds, imagining shapes and letting the mind wander gently.

**14. Noticing Numbers:** Name 5 things that you can see, explore 4 things that you can touch around you. Close your eyes - listen and name 3 sounds you can hear, name 2 things that you can smell and put one thing in your mouth that you can taste.

**15. Get Lost in Art:** Spend a few minutes looking at a calming image - it can be a painting, a drawing or a photograph. See if you can notice all of its small details and look closely at each shade of colour.

**16. Glitter Jar:** Fill a jar or bottle with glitter. Carefully, give the glitter jar or bottle a gentle shake. Watch the glitter as it swirls around.

### *Listen & Discover*

**17. Deep Sea Breathing:** Imagine breathing in like you're smelling a flower and out like you're blowing out candles on a birthday cake.

**18. Storytime:** Read a short, calming story together. The rhythm of your voice can help soothe their excitement.

**19. Soft Music:** Listen to a calm, slow song together, maybe even with eyes closed, to relax. Count how many different instruments you can hear. Nature sounds can also be wonderfully calming.

**20. Gratitude Guru:** Write 5 things that you are grateful for at the moment.

### *Tapping Therapy for Kids:*

Tapping therapy combines elements of acupressure and psychology by tapping on specific points of the body. It's a simple technique that can help manage emotions and stress.

**1. Magic Star Tap:** Teach them to gently tap on the side of their hand (karate chop point) and imagine activating their inner superhero powers. While they tap, they can say a simple affirmation like, "I can be calm and ready to learn."

**2. Wonderful Eyebrow Tap:** Move to tapping gently on the corners of their eyebrows, encouraging them to think of something happy.

**3. Shining Armour Tap:** Tap under the eye, pretending it's where their shining armour is, making them strong and brave.

**4. Happy Heart Tap:** End by tapping under the collarbone, near the heart, filling them with happy, calm energy for learning.